

**TIPS TO PROTECT YOUR FAMILY, HOME
AND PROPERTY FROM FIRE:**

WILDFIRES

- Clear heavy brush and tall grass within 30' from your home.
- Keep lawn watered, mowed and free from flammable debris.
- Trim lower tree branches 6-10 feet from the ground.
- Keep gutters and roof free from pine needles, leaves and debris build-up.
- Replace, or at least treat a wooden shake roof.
- Visit **www.firewise.org** for more information.

STRUCTURE FIRES

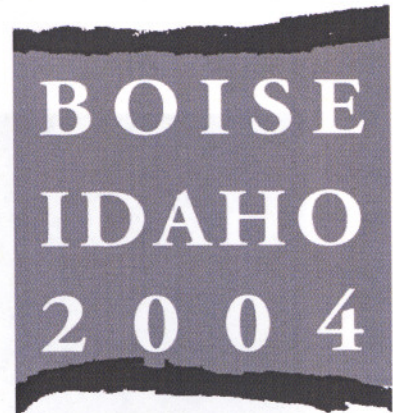
- When teaching children, "Always wear your seatbelt," and "Never leave candles burning unattended," don't forget to remind them that, "Children, matches and lighters **DON'T MIX!**"
- **Working** smoke detectors are credited with cutting the number of fatalities from house fires in half... **Are Yours?** Change the batteries every time you change your clocks for daylight savings.
- Heating season is just around the corner; don't greet it with a dirty and unsafe heating appliance. Have **all** home heating appliances cleaned and inspected.

**CALL 911 IMMEDIATELY TO REPORT
ALL TYPES OF FIRES!**


Table Rock Challenge 2004
P.O. Box 5821
Boise, ID 83705

Place Stamp
Here

25TH ANNUAL
TABLE ROCK
c h a l l e n g e



Nine Mile Run or Walk!
Fort Boise Park
September 11, 2004
9:00 a.m.

we remember 



Presented By:

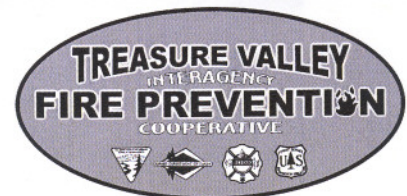


TABLE ROCK CHALLENGE mail-in entry form
(or register online at <http://www.Spondoro.com>)

Early registration (\$25) deadline is September 5, 2004. After that, a \$5 late fee applies. Late registration will end at 8:00 a.m. on race day. Please **print** clearly. Make checks payable to the *Treasure Valley Fire Prevention Co-op*.

Name: _____

Gender: Please circle FEMALE MALE

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Phone: _____

Age on race day: _____

Shirt Size: S M L XL XXL

Division: ☐ 9 mile run ☐ 9 mile walk

Waiver: I realize that running a road race is a potentially dangerous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, effects of weather including extremes of cold or heat and/or humidity, traffic, and conditions of the road. I am aware of all such risks and accept them. I have read this waiver and knowing these facts and in consideration of your accepting my entry, I (for myself and anyone entitled to act on my behalf) waive and release the sponsors, the City of Boise, as well as the State of Idaho, and employees of the sponsors, their representatives, and successors, from all claims of liabilities of any kind arising from my participation in this event, even though the liability may arise from negligence, carelessness on the part of the persons named in this waiver. Further, I release the rights to any and all photographic material and computer information the sponsors of the race may wish to release for this event without obligation to me.

Signature (Parent signature required if participant is under 18)

Date: _____

Please send form and fees to:

Table Rock Challenge 2004

P.O. Box 5821

Boise, ID 83705

For Official Use:

Check #

Amt:

Bib #

THANKS TO OUR SPONSORS!



All race proceeds will help support the Treasure Valley Fire Prevention Cooperative in their continuous effort to prevent human-caused structural and wildland fires.

25th ANNUAL TABLE ROCK CHALLENGE

DATE:

Saturday, September 11, 2004

LOCATION:

Fort Boise Park, Boise, Idaho
(South East Parking Lot – Access from Reserve St., turn left on Mtn. Cove Rd.)

STARTING TIME: 9:00 a.m. for all participants

PACKET PICK-UP:

Packets available from 4:00-6:00 p.m. Thursday, September 9 at Athlete's Foot, 1725 W. State St. (Albertson's Marketplace)

ENTRY FEES: \$25.00 for all participants (\$30.00 from Sept. 6 to 8:00 a.m. race day)

THE COURSE:

The 25th annual Table Rock Challenge begins at Fort Boise Park. The 9 mile course, with water stops, winds 4.5 miles up Shaw Mountain and Table Rock roads (gaining 1,000 feet in altitude), to Table Rock Bluff and returns. Get your free photograph taken with Smokey Bear at the top. Photos will be available at the end of the race, don't forget to pick yours up! To view a detailed map of the course, visit our website online at www.id.blm.gov/boisedispatch

AWARDS:

- ⌘ Ribbons given to top three overall, and top three for each age group.
- ⌘ Post-race drawing for lots of great prizes!

FOR ADDITIONAL INFORMATION:

VISIT us on-line at:

www.id.blm.gov/boisedispatch

CALL: Kelly Woods at 208-373-4261

Holly LeFevre at 208-871-1829

Jessica Gardetto at 208-384-3221

Or

E-MAIL us at:

tablerockchallenge2004@hotmail.com

Cut along this line & tape closed to mail